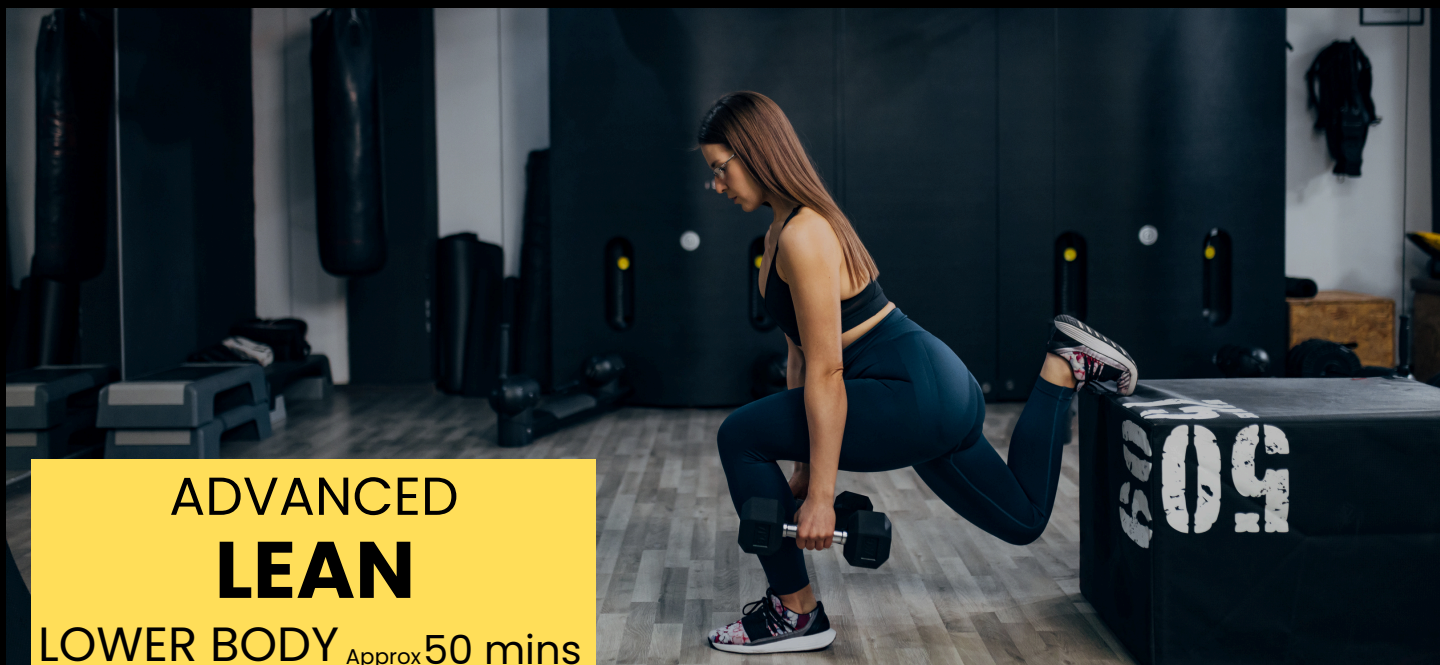




ADVANCED LEAN

LOWER BODY Approx 50 mins

Warm-Up (7 mins)

Why: Increases blood flow, elevates muscle temperature, and enhances performance while reducing injury risk.

- **Stair Climber:** 3 min at RPE 5.
- **Dynamic Leg Swings:** 1 min – How: Swing each leg forward/back and side-to-side.
- **Bodyweight Squats:** 1 min – How: Stand feet shoulder-width, squat down, stand up.
- 2 warm-up sets of your first exercise with light weight

RPE Scale Reference

- **RPE 1–2:** Very light, easy pace
- **RPE 3–4:** Light, warm-up pace
- **RPE 5–6:** Moderate, can talk but slightly breathless
- **RPE 7–8:** Hard, can speak a few words
- **RPE 9–10:** Very hard, maximum effort

Main Workout (38 mins)

Rest 60–90 seconds between sets.

Barbell Back Squat – 4 x 6reps

- How: Bar on traps, squat below parallel, drive through heels.
- Why: Builds quad/glute strength and elevates metabolism.

Kettlebell Swing – 3 x 20reps

- How: Stand with feet hip-width apart, hinge at hips, swing kettlebell to chest height, using powerful hip extension and core.
- Why: Explosive posterior chain work for fat loss.

Bulgarian Split Squat – 3 x 8reps per leg

- How: Rear foot elevated, lower into lunge, drive up.
- Why: Unilateral leg strength and balance.

Slam Ball Rotational Throw – 3 x 12reps per side

- How: Rotate torso, throw ball sideways against wall.
- Why: Trains obliques and rotational power.

TRX Hamstring Curl – 3 x 12reps

- How: Heels in straps, body up, bridge hips, curl heels keeping body straight.
- Why: Isolates hamstrings and glutes.

Stair Climber Sprints

- Time: 6x30 sec at RPE 9, 30 sec rest
- How: Sprint at 80+ steps per min, recover at 40.
- Why: Maximal calorie burn and leg endurance.

Plank Jacks: 2 x 15sec

- How: Start in plank, jump feet wide and together, repeat.
- Why: Improves core stability and enhances lower body endurance.

Cool-Down (7 mins)

Why: Lower heart rate, improve flexibility, reduce muscle soreness, and prevent injury.

Standing quadriceps stretch: 30 seconds per leg

- How: Stand, pull foot toward glutes, keep knees together.

Standing hamstring stretch: 30 seconds per leg

- How: Stand, extend one leg, hinge at hips, reach toward toes.

Seated glute stretch: 30 seconds per side

- How: Sit, cross ankle over opposite knee, lean forward gently.

Calf stretch (wall or step): 30 seconds per leg

- How: Press ball of foot against wall, lean forward.

Gentle walking or cycling: 2–3 minutes

Programming Notes

- RPE 8–9: Near-maximal effort; adjust weights to hit rep ranges.
- Progression: Increase weight by 5–10% weekly or reduce rest by 10–15 seconds.
- Cardio Integration: Battle ropes, slam balls, and stair sprints optimize fat loss.
- Functional Focus: Prioritises compound lifts and power moves for metabolic efficiency.